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LONDON
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 **News worth sharing.**



► Aerialist Laura Griffin of Toronto's Cirque Sublime pours a glass of wine during the announcement yesterday for the World Wine & Food Experience show at the London Convention Centre.

Hang at the wine festival

► **First-of-its-kind show for London offers great food, wine and acrobatic entertainment**

KYLE REA
 @METRONEWS.CA

When you arrive, you'll be greeted by an aerial acrobat, who will hand you a glass and pour you a sample of wine. After that, feel free to enjoy some of the best food the Forest City has to offer, as well as wine and spirits aplenty.

It's all part of the World Wine & Food Experience show set for Sept. 22-24 at the London Convention Centre.

Organizers intend to bring together 20 of the top chefs in London as well as wine from more than 100 vineyards from across North America.

Mix in acrobatic performers from Cirque Sublime in Toronto and you've got a first-of-its-kind show, said organizer Brad Jones from Jones Entertainment Group.

"There's going to be a 'wow' factor here unlike any other event in London. And there are other great events here, but nothing will be as exciting," he said. "We think we've got the right ingredients to do it bigger and

At the box office

- Tickets are \$39 and are limited to 1,400 per night.
- An additional 100 VIP tickets per evening are also available at \$99.
- Tickets go on sale Friday at Centennial Hall box office: 519-672-1967 or centennialhall.london.ca.

better than any (other show)."

In addition to food and wine, there will also be first-class tequila and scotch offers for those who prefer fine spirits.

People are free to mix and mingle, purchasing sample tickets to try out whatever food or drinks look tempting.

Jones said the aim is to make this an annual event.

Proceeds from the show go to Bethany's Hope Foundation, a charity in London seeking a cure for leukodystrophy.

"It's an amazing opportunity for us," said Dave McIntyre of Bethany's Hope.

1
news

NYC company set to brew beer based on George Washington's handwritten recipe. Scan code for the story.

- 1 Download the free ScanLife app with your smartphone at 2dscan.com
- 2 Use your smartphone to scan 2D barcodes in Metro
- 3 The codes will direct your mobile browser to m.metronews.ca

On the web at metronews.ca



Actor Michael Douglas gives back to the Montreal hospital that first detected his throat cancer. Video at metronews.ca.



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► Carol Vandenberg from L.A. Moods on Richmond Street displays some of the free comics available during Free Comic Book Day this Saturday. Moods, four other comic stores and the central branch of the London Public Library are all offering free comics to visitors.

Comic book senses tingling?

► Favourites from Spider-Man to Green Lantern and Star Wars available free in the Forest City and across North America as part of Free Comic Book Day



KYLE REA
@METRONWS.CA

If the only contact you've had with Spider-Man is at the movies, then an event on Saturday may be worth reading up on.

It's called Free Comic Book Day and five stores in London, plus the central branch London Public Library, are offering up

free comic books.

"It's going to be a huge event," said Carol Vandenberg, co-owner of L.A. Moods.

This North America-wide event introduces comic books to a new generation of people who perhaps haven't had the opportunity.

"A lot of people when they were kids, that was their pastime, and we

want to spread that joy to younger kids today," Vandenberg said, adding comic books are great because they combine compelling stories with vivid artwork.

"They promote literacy — I hear stories from parents whose kids have trouble getting into the books at school and these characters appeal to them. They're colourful,

they're bright, they're exciting."

There'll be 40 different comics for visitors to choose from. Participants each receive a passport listing all five stops in the city, with prizes available for those who visit each location and receive a stamp.

The library is also holding a costume contest at 2:30 p.m.

Ka-WOW!

► Free Comic Book Day has been running for 10 years now with publishers and retailers working together to boost comic book readership.

► **Locations in London:** L.A. Moods, Heroes, Comic Book Collector, Worlds Away, Neo Tokyo and Central branch, London Public Library.

► **For more information** visit freecomikbookday.com.

Plant for sale 'final nail': CAW

Got a spare \$22,750,000 in your bank account?

AM980 has learned real estate company CB Richard Ellis has been retained to sell the 2.1-million-square-foot Ford Talbotville plant.

An additional 161-acre adjacent vacant parcel of land can also be had for an

extra \$3.2 million.

CAW National President Ken Lewenza said sadly, the writing is on the wall.

"Ford, from our perspective, had no desire to invest in the facility ... and the final nail is when they put it up for sale," he said.

Lewenza added they are

still willing to be flexible to keep jobs in the area.

"It doesn't necessarily have to be a new vehicle ... but all of Ford's success should result in some investment in Canada, resulting in jobs for Ford workers," he said.

AM980/AM980.CA

Raising funds for MS

Friday and throughout the weekend, the London/Middlesex chapter of the Multiple Sclerosis Society of Canada will be at locations in London and Middlesex County to raise funds and awareness with the MS Carnation Campaign.

Last year, the chapter

raised \$8,000 from the MS Carnation Campaign, which provided services for people with MS and their families in London/Middlesex.

For information and to get involved with the campaign, visit mssociety.ca/londonmiddlesex or call 519-646-6030. ● METRO

UWO

Science rules the schools

As part of a nationwide initiative, the All Science Challenge hits Western University today from 10 a.m. to 3 p.m. About 200 elementary students from across the region will test their knowledge across a range of disciplines, including

earth sciences, biology, chemistry and physics.

Teams will face two rapid rounds of questioning by professors, with staff and students serving as judges. Then, teams will compete in a hands-on design activity, where they are challenged to build an object using only materials supplied to them. During past competitions, students were tasked with building a bridge capable of holding a bottle of water with plastic cups, Post-it notes and duct tape. ● METRO

London Events wins two tourism awards

London Events nabbed two major awards at the recent Canadian Sport Tourism Alliance awards in Ottawa.

The 2010 Special Olympics Canada Summer Games won the President's Award.

This award recognizes outstanding achievements by individuals, organizations, single- or multi-sport events that have helped build sport tourism in Canada, generate significant revenue, or demonstrate the value of volunteerism.

The 2010 BMO Canadian figure skating championship was named Canadian sport event of the year.

● METRO

Putting a page into the Emmys' playbook

▶ London artisan gets her gear included at the Emmys thanks to Martha Stewart Twitter group



KYLE REA
@METRONEWS.CA

Her creative efforts could soon be in the hands of Hollywood's hottest TV stars.

Including an actor from her favourite TV show — Terry O'Quinn, who played John Locke on the show *Lost*.

"To know that he likely will be getting one of my journals and having it in his hand is amazing. I can't even describe it," said Shannon Moyer-Szemenyei, 28, of Sweet Stellas in London. Three weeks ago, Moyer-Szemenyei learned she'd been invited to contribute

This is Sweet

▶ Sweet Stellas, named after Szemenyei's grandmother, originally started back in November when she started creating Christmas ornaments and cards for friends and family. Things have taken off since then, she noted.
▶ sweetstellas.com

to the swag bags given to celebrities just before the 63rd prime-time Emmy Awards this fall.

The bags will be given out to nominees, presen-



▶ Shannon Moyer-Szemenyei, 28, of London, shows off note stacks she'll be preparing now that she's been invited to make them for the Emmy Awards show this fall.

ters and journalists in the official gift lounge on Sept. 16-17 — the actual award ceremony is Sept. 18.

"It's still a little surreal," she said of the honour. A fine arts graduate from Wilfrid Laurier University, she has until the beginning of August to put her creative

skills to the test, creating 11 hand-painted custom journals as well as 100 note stacks — decorative art paper crafted into either a notebook or loose paper secured with a ribbon.

"It's really an opportunity to showcase my brand," Moyer-Szemenyei said.

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Bishop asks court: Lock me up ... now

► 'Guilty, your honour,' 70-year-old cleric tells judge in child porn case
► Raymond Lahey nabbed at airport ► Computer images, sex toys found



JESSICA SMITH
METRO OTTAWA

Roman Catholic Bishop Raymond Lahey of Nova Scotia is going directly to jail after he pleaded guilty yesterday to "importing" child pornography.

Lahey, 70, the former head of the diocese in Antigonish, N.S., was caught at the Ottawa airport in September 2009 with photos of boys involved in sexual acts.

"Guilty, your honour," Lahey said in response to the charge that he "did, without lawful excuse, possess for the purposes of importation child pornography in the form of graphic computer images."

Those images included sex acts performed on and

by pubescent boys, Crown prosecutor David Elhadad read in an agreed statement of facts.

Defence lawyer Michael Edelson told the court Lahey wanted to give up his right to bail and be incarcerated.

"To signal to the court the sincerity and genuineness of his remorse, he wants to be in jail as of today's date," said Edelson. Lahey came under suspicion after he hesitated and appeared nervous when questioned by a border agent at the airport as he was returning from London, England.

His passport also indicated he had been to Thailand and Indonesia.

A border agent then found a few images she deemed to be child



"My client feels, deeply and profoundly, remorse and guilt about what he has done ... he wants to be in jail as of today's date."

MICHAEL EDELSON,
DEFENCE LAWYER

pornography on his computer as well as sex toys in

his bag, according to the statement of facts.

Further investigation found 588 images deemed child pornography on electronic devices he owns, as well as stories that depict forced sex acts, torture and degradation of young boys, the Crown read to the court from the statement.

The Crown asked the judge for a pre-sentencing report, which the defence opposed.

Justice Jack Kirkland declined the request for a pre-sentencing report, citing a report from Dr. John Bradford, professor and head of the division of forensic psychiatry at the University of Ottawa.

Bradford examined Lahey and will testify on a date that has not yet been set.



► Bishop Raymond Lahey at the Ottawa court yesterday.

Disgraced pathologist's victim acquitted

Ontario's highest court has acquitted a man who pleaded guilty in the death of his infant son because of testimony from now-disgraced pathologist Charles Smith.

The Crown and defence asked for the acquittal of Richard Brant.

The Crown conceded a miscarriage of justice.

The Ontario Court of Appeal set aside the conviction and ordered Brant acquitted.

Brant was charged with manslaughter in 1993 in the death of his two-month-old baby Dustin's death and pleaded guilty to aggravated assault.

A pathologist listed pneumonia and respiratory failure as causes of death but Smith examined the case and concluded the boy likely died from shaken baby syndrome.

The Crown said yesterday Brant's plea was affected by Smith's reputation,



► Richard Brant and Mary Farrell show photos of their son, Dustin, yesterday.

which no longer stands.

Smith was once considered an expert on child forensic pathology, but an inquiry found that errors in his work were responsible for several people being wrongfully convicted and sent to prison.

His medical licence was revoked earlier this year.

Clutching pictures of his son Dustin, Brant said he was relieved his name had finally been cleared.

THE CANADIAN PRESS

Man's dilemma

- Richard Brant, now 38, has always maintained his innocence.
- Defence lawyer James Lockyer said Brant faced an impossible dilemma — a manslaughter conviction or a six-month sentence for aggravated assault.
- Both the defence and Crown told the court there is no evidence Brant had ever harmed Dustin.

MP jumps into politics – and a fuss

Quebecers are grumbling about the new local MP — and not just because she lives 300 kilometres away, didn't visit the riding to campaign, can't speak much French and spent part of the election vacationing in Las Vegas.

The anger is about Ruth

Ellen Brosseau's nomination papers. Her opponents suggest they may have been falsified.

A man in the Berthier-Maskinonge riding says he was stunned to see his name and address listed on the papers filed by the NDP campaign. He doesn't

recall giving his support.

The NDP has dismissed allegations of irregularities and says signatures were collected normally by door-to-door volunteers and by others who worked local gathering spots.

THE CANADIAN PRESS



► New MP Ruth Ellen Brosseau

Patio summer ahead?

Environment Canada says we could be in for a warmer-than-normal summer across the country.

Senior climatologist David Phillips says June, July and August may be warmer than normal "from coast to coast to coast."

Phillips says the cool, wet spring has made people a little feisty.

"We've had a tough winter ... We've had wet, wet, wet and floods and coolish and we haven't really drunk too much beer on outdoor patios."

THE CANADIAN PRESS

Bin Laden death pics will remain private: Obama

► AK-47s found in bin Laden's hideaway ► Officials comb through flash drives, computer files and DVDs

U.S. President Barack Obama said yesterday he has decided not to release death photos of Osama bin Laden because their graphic nature could incite violence and create security risks for the nation.

The president said that for anyone who does not believe bin Laden is dead, "we don't think that a photograph in and of itself is going to make any difference."

Photos taken by the Navy SEAL raiders show bin Laden shot in the head, officials have said.

500

Bin Laden had about 500 euros sewn into his clothes and had phone numbers with him when he was killed, U.S. officials said. The findings may suggest that he was ready to flee his compound on short notice.

Obama's decision came a day before his planned visit to Ground Zero to lay a wreath and visit with

9/11 families and responders.

It also came after a revised description of the circumstances of bin Laden's death. After initially saying the terrorist was armed or even firing, the White House said Tuesday that bin Laden was unarmed, raising questions about the basis for his killing.

Later U.S. officials said that the Navy SEALs who stormed bin Laden's compound shot him after they saw him appear to lunge for a weapon.

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U.S. Outrage



► People chant anti-American slogans during a rally to condemn the killing of al-Qaida leader Osama bin Laden, in Multan, Pakistan, yesterday.

KHALID TANVEER/THE ASSOCIATED PRESS

Protesters say killing unauthorized

Pakistan criticized the U.S. raid that killed Osama bin Laden as an "unauthorized unilateral action." Placards read, "America should tell who allowed them to arrest Osama bin Laden in Pakistan."

Osama killing fuels cyber spam

Online spammers are using Osama bin Laden's death to send out comput-

er viruses that can steal personal information. The messages claim to

have videos or photos of the dead bin Laden.

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Peace pact bonds feuding Palestinians

- Rival factions Fatah and Hamas agree to end bitter four-year rift
- Palestinian leader rejects Israel's opposition, says it's an internal affair



NASSER ISHTAYEH/THE ASSOCIATED PRESS

► Palestinians embrace yesterday as they celebrate the planned signing of a reconciliation agreement between Fatah and Hamas, in the West Bank city of Nablus.

Rival Palestinian factions Fatah and Hamas proclaimed a landmark reconciliation pact yesterday aimed at ending their bitter four-year rift that has left them with competing governments in the territories envisioned for a future Palestinian state, but Israel's leader denounced it as a "mortal blow to peace."

The alliance set off ecstatic celebrations in the Palestinian territories. In-

ternational mediator Tony Blair insisted their new government must recognize Israel, a step Hamas has always rejected.

Palestinian President Mahmoud Abbas brushed off the criticism and instead used the occasion to deliver a scathing attack on Israel, saying, "we reject blackmail and it is no longer possible for us to accept the (Israeli) occupation of Palestinian land." The Palestinians have been

"They are our brothers and family. We may differ, and we often do, but we still arrive at a minimum level of understanding."

PALESTINIAN PRESIDENT
MAHMOUD ABBAS

torn between rival governments since a previous unity arrangement col-

lapsed into civil war in June 2007. In five days of fighting, Hamas overran the Gaza Strip, leaving Abbas' Palestinian Authority in charge of the West Bank. Reconciliation is essential for Palestinian dreams to establish a state in the two areas.

The pact provides for the creation of a joint caretaker government ahead of national elections next year.

THE ASSOCIATED PRESS

Jerusalem mayor says the holy city cannot be divided; will remain Israel

The Israeli mayor of Jerusalem said yesterday that Arabs and Jews are now so intertwined that the city cannot possibly be divided, even though both

Israel and the Palestinians claim it as their capital.

"You cannot divide the city," said Nir Barkat.

"I know it will never work."

Israel seized the eastern part of Jerusalem — along with the West Bank — from Jordan in the 1967 war.

THE ASSOCIATED PRESS

Sentence too light in suicide death: Brother

The brother of a Canadian woman who killed herself after getting encouragement from an online predator is speaking out against the sentence handed out by a U.S. court to the convicted man.

Mark Kajouji says William Melchert-Dinkel's punishment does not fit his crime.

Melchert-Dinkel was convicted of encouraging the suicides of Ontario teen Nadia Kajouji and Mark Drybrough of Britain.

A judge in Minnesota sentenced the former nurse to less than a year of jail time.

Melchert-Dinkel will have an initial 320-day stint behind bars, then return to jail for two days on the anniversaries of his victims' deaths for the next 10 years.

Speaking from Toronto, Kajouji says the sentence isn't strong enough to deter others from encouraging suicides.

THE ASSOCIATED PRESS

GREEN ART

Artist puts his cash to hard work

A German artist is using his \$100,000 contemporary art prize to create a conceptual piece — literally.

He's pinning 100,000 used dollar bills to the gallery walls of a major New York City museum.

Hans-Peter Feldmann's installation at the Guggenheim Museum opens May 20 and

runs until Nov. 2.

Feldmann is the 2010 winner of the Hugo Boss Prize, established by the museum and named after the German fashion company.

The Guggenheim says Feldmann is portraying currency as mass-produced material used every day, rather than a symbol of capitalism.

The 70-year-old artist previously has created a sequence of 100 portraits of people, from babies to age 100.

Extra security will ensure the bills remain on the wall.

THE ASSOCIATED PRESS

Floods halt commuter train routes

Amtrak has suspended train service between Albany, N.Y., and Montreal because of flooding.

Amtrak spokesman Cliff Cole says the tracks were closed Tuesday morning because of high water along the Adirondack Park's eastern boundary just outside Whitehall, about 100 kilometres north of Albany.

The tracks are owned by CP Rail.

Cole says Amtrak's Adirondack Service will resume today. Buses were used between the Albany-area station and Montreal.

THE ASSOCIATED PRESS

B.C. teen charged in attack

A 15-year-old boy has been charged with assault in connection with a machete attack on two 18-year-olds in Kamloops, B.C.

RCMP Staff Sgt. Grant Learned said Wednesday the older teens were stabbed outside an apartment building, possibly in retaliation for an earlier incident.

One of the victims suffered head injuries and remains in serious but stable condition.

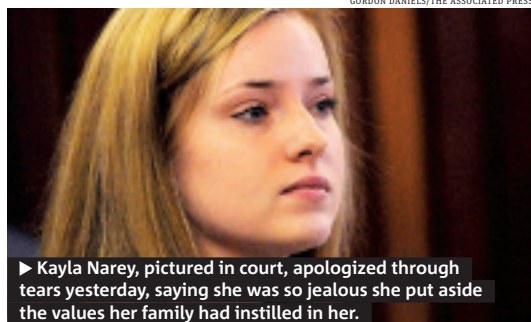
The boy, who cannot be named, will appear in court on May 19.

THE CANADIAN PRESS

200,000
Some 200,000 Jews live in the occupied area of the city, alongside about 300,000 Palestinians.

Bullies get plea deals

GORDON DANIELS/THE ASSOCIATED PRESS



► Kayla Narey, pictured in court, apologized through tears yesterday, saying she was so jealous she put aside the values her family had instilled in her.

► Probation for teens whose taunts forced 15-year-old to hang herself

Two U.S. teens accused of harassing a 15-year-old Irish-born classmate who later hanged herself were sentenced yesterday to a year of probation.

It was the first of five anticipated plea deals in a case that drew worldwide attention to school bullying.

Phoebe Prince's crying mother approved the deals finalized in a Massachusetts court.

Sean Mulveyhill and Kayla Narey, both 18, were sentenced for their roles in the bullying that preceded Phoebe's suicide in January 2010.

Three other former

South Hadley High School students were expected to accept similar plea arrangements today.

Prosecutors have said the bullying stemmed from four girls' anger about Phoebe's relationships with Mulveyhill, who was captain of the school's football team, and

another popular boy.

Mulveyhill apparently goaded some of the girls to harangue Phoebe after he dumped her.

Phoebe hanged herself, telling a friend in a text: "I can't take much more. It would be easier if (someone) handed me a noose."

THE ASSOCIATED PRESS

Gadhafi rocket attack sparks panic at a port

Moammar Gadhafi's forces showered the port area of the besieged rebel city of Misrata with rockets just minutes after an international aid ship docked there yesterday.

Four people were killed in the Gadhafi regime's latest bloody attempt to choke off Misrata's remaining lifeline.

The attack caused panic among hundreds of stranded migrant workers and fleeing Libyans who were trying to board the Red Star One, a ferry chartered by the International Organization for Migration.

In the chaos, some families were separated and the boat had to redock twice to sort it all

out. IOM official Othman Belbeisi said: "The whole place was shaking and people started running in different directions."

Misrata is the main rebel stronghold in western Libya, which is largely under Gadhafi's control. The rebels have been holding on to most of the east.

State Department spokesperson Mark Toner said the U.S. is making available an additional \$6.5 million in assistance to IOM to help move people from Misrata.

THE ASSOCIATED PRESS

Libyans hunted for war crimes

The International Criminal Court prosecutor says he'll seek arrest warrants against three Libyans who appear to bear "the greatest criminal responsibility" for crimes against humanity by Moammar Gadhafi's security forces.

Luis Moreno-Ocampo said he doesn't rule out cases stemming from rebel or NATO attacks.

He said evidence establishes "reasonable grounds" to believe widespread attacks are being committed against civilians by Gadhafi forces.

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'Large fines' needed to curb data breaches

► Privacy commissioner says there's no incentive for Canadian firms to spend money on Internet security

Canada's privacy commissioner, Jennifer Stoddart, wants the power to impose "attention-getting fines" when major corporations fail to protect Canadians' personal information.

Stoddart's statement comes in the wake of a massive security breach disclosed by Sony last week that may have affected more than 100 million PlayStation accounts worldwide.

"Too many companies are collecting more personal information than they are able to effectively protect," Stoddart said yesterday, adding that "large fines" might serve as an in-

Head of the class

► **Natasha Maksimovic, 21**, is the plaintiff in a \$1-billion class-action suit launched in Toronto against Sony Corporation and its PlayStation and Qriocity networks for breach of privacy and negligence.

► **The Humber College** student, who is studying international business, says she is worried that her confidential information has been hacked and will be used.

centive to get corporations to meet their privacy obligations.

Meanwhile, senior Sony executives said yesterday that the company was "the victim of a very carefully planned, very professional, highly sophisticated criminal cyber attack designed to steal personal and credit card information for illegal purposes."

In a letter to members of the U.S. House Commerce Committee, Kazuo Hirai, chairman of Sony Computer Entertainment America LLC, defended Sony's handling of the data breach.

The company has shut down the affected systems while it investigates the attacks and beefs up security.

THE CANADIAN PRESS

Stronach. Steps down



► Frank Stronach, the tool and die maker who went on to build a multibillion-dollar auto-parts empire, stepped down as Magna chairman after the company's annual meeting yesterday in Markham, Ont.

RICK EGLINTON/TORSTAR NEWS SERVICE

Magnanimous magnate

Frank Stronach arrived in Canada from Austria as a teenager and went from working on the shop floor to forging Magna into a company with \$24 billion in sales. Stronach, 78, who was re-elected as a director, will be given the title of founder and honorary chairman. He still owns or controls about 10.6 million Magna shares and 2.7 million options, and will continue to serve as a consultant to the company — a role that rewarded him handsomely in 2010 when the company reported a profit of \$973 million.

Loblaw profits rise

First-quarter profits of grocer Loblaw Companies Ltd. rose nearly 23 per cent to \$162 million, beating expectations, even though sales were down slightly. That compared to profits of \$132 million a year earlier. Despite the promising start, however, Loblaw has predicted this year will be one of its most challenging as it contends with rising food prices, stiff competition and an uncertain economy.

THE CANADIAN PRESS

Market moment

TSX	Dollar
- 81.05 (13,611.33)	- 0.65¢ (104.33¢ US)
Oil	Natural gas
- \$1.81 US (\$109.24 US)	1,000 cu ft \$4.644 US (- 9.4¢ US) Gold contracts \$1,515.30 US (- \$25.10 US)

MARKET DATA: 5:25 P.M. YESTERDAY

Intel poised to revolutionize computers

A new, "3-D" electronic switch on its chips will make computers even cheaper and more powerful, Intel Corp. announced yesterday.

The switches, known as transistors, have typically been flat. By adding a third dimension — "fins" that jut up from the base — Intel can make the transistors and chips smaller,



► Intel executive Dadi Perlmutter announces the 3-D switches yesterday.

which means they run on less power. That gives Intel its best shot yet at cracking the growing markets for chips used in smartphones and tablet computers.

"This is definitely a revolutionary change," said Dan Hutcheson, CEO of VLSI Research Inc.

Intel has been talking about 3-D, or "tri-gate," transistors for nearly a

decade, and other companies are experimenting with similar technology. The announcement is noteworthy because Intel has figured out how to manufacture the transistors cheaply in mass quantities.

Chips with the 3-D transistors will be in full production this year and appear in computers in 2012. THE ASSOCIATED PRESS

Hot tip: Buy stocks in wood fibre firms now

Global demand for paper will likely wane over the next decade but the need for wood fibre will grow dramatically, says business advisory firm PwC.

In fact, demand for fibre, driven largely by China, will far outstrip supply, PwC predicts, and the trend will likely see plantations replacing nat-

ural forests as the source.

"Companies from a diverse array of industries — energy, utilities, chemicals and potentially many more as biomaterials evolve — will compete with FPP companies for control of forests, or at least access to their fibre," PwC says in a report.

THE CANADIAN PRESS

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IT'S ONLY ANGELS BOWLING

HE SAYS ...

JOHN MAZEROLLE
METRO



Some people say I'm scared of thunderstorms, but I'm afraid they're mistaken. That my brain, my heart and my bladder forget about their usual restraint and teamwork whenever lightning approaches does not indicate I'm scared. As summer thunderstorm season approaches, I am merely cautious. Respectful of Mother Nature. Well attuned to the possibility of an imminent and painful death.

If you were to look at a cross-section of my brain, you would see many normal lobes — dedicated to such necessary guy functions as chore avoidance and retention of Wilf Paiement's NHL career totals. But where in a normal man you would find the area dedicated to time indexing of nudity in major motion pictures

— the so-called charlizebel-lum — you would in me find a hyper vigilance toward electrical storms.

And let me be clear: This is not a phobia. A phobia is an irrational fear. When I was a kid, I was scared of a thunderstorm's loud noises. That was a phobia. Now I am scared of 300 kilovolts entering through my head and leaving through some of my more important appendages. I have a hard time seeing this as unreasonable.

But I am a courageous Canadian warrior, so I know how to deal with lightning when it strikes.

When I hear thunder I courageously cover my head in blankets and courageously turn my iPod to full volume so that I might courageously pretend the storm is not happening. You know when you see a big-eyed dog trembling under the couch because of thunderclaps? I'm underneath that dog, whispering, "Keep me safe, Zoe. Good girl."

Courage, my word.

I'm here to help you be brave, too, reader(s), so be sure to arm yourself with safety advice:

- Stand your ground. Lightning is as scared of you as you are of it.
- Avoid all conversations about God and irony.
- If it's the Tampa Bay Lightning, dump the puck in and get a good cycle going off the forecheck.
- If you start to feel scared, try aversion therapy. Once you are struck by lightning five or six times, your body will begin to acclimatize.
- If you hear a Muppet counting, take cover immediately.

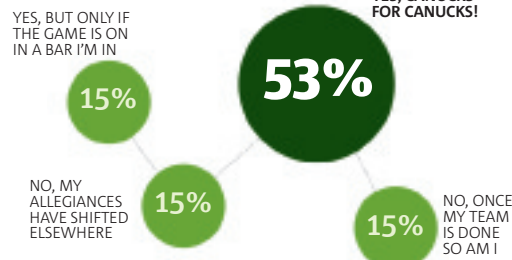
If you still have concerns despite these tips, you can always seek me out for support. But don't call or email, because I won't use anything plugged in during a storm. Visit me instead. I'll be under the dog.

Read more of John Mazerolle's columns at metronews.ca/hesays



Register at
metrolifepanel.ca
and take the quick poll

Will you cheer for the Canucks because they are the final Canadian team in the NHL playoffs?



Worth mentioning

REDWOOD CITY, CALIF. Two women described by a prosecutor as "marijuana grannies" were jailed on allegations that they were growing hundreds of pot plants in their San Bruno home, authorities said late Tuesday.

Aleen Lam, 72, and Virginia Chan Pon, 65, were arrested Friday after neighbours called police to report a burglary, said San Mateo County district attorney Steve Wagstaffe.

When officers arrived, they found the door had been kicked in and nobody was home.

Through the broken door, police could see marijuana growing inside the house, Wagstaffe said.

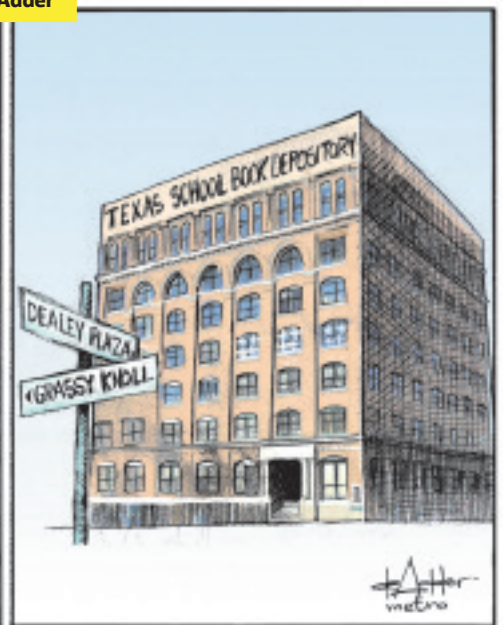
Police obtained a search warrant and found 800 marijuana plants, \$3,000 in cash and an electrical bypass that allowed the women to tap into a Pacific Gas and Electric Co. power line to steal electricity, Wagstaffe said.

"This has not happened in the 34 years that I've been here," he said in describing the operation and the suspects' ages.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder

THERE'S NO CONSPIRACY!
THE PHOTOS OF OSAMA BIN LADEN EXIST AND I STORED THEM IN AN APPROPRIATE PLACE.



WEIRD NEWS

One man's trash may be another man's home

Albuquerque, N.M., authorities arrested a homeless man for failing to notify them that he moved out of the industrial trash bin he listed as his address.

KOB-TV reports Charles Mader is a convicted sex offender and is required to give the Bernalillo County Sheriff's Department a physi-

cal address.

Detectives say Mader violated his sex offender registration requirement after moving out of the dumpster and failing to report the move within 10 days.

On Monday, deputies found Mader at a homeless shelter and arrested him.

Mader told KOB he wasn't familiar with some of the registration rules. Bernalillo County authorities say they have told Mader what the rules are repeatedly.

Sheriff's officials say Mader could face up to three years in jail for failing to register for a third time.

THE ASSOCIATED PRESS



2
scene

Scene in brief



Two days after he walked through tornado rubble in Alabama, actor Charlie Sheen has begun an online campaign to raise money for storm victims. The website named Torpedos against Tornadoes says that donations will go to Alabama victims of the April 27 twisters.

THE ASSOCIATED PRESS



Judge: Jury to decide if Sheridan wrongfully fired from Desperate Housewives

Rutledge brings his harmonies to town

► Folk musician part of line-up that includes Oh Susanna at Aeolian Hall

HANDOUT



► Justin Rutledge takes the stage tonight at Aeolian Hall.

BACKSTAGE PASS

AMANDA GRANT
METRO LONDON



Justin Rutledge is no stranger to London. The Juno-nominated musician performed at Aeolian Hall nearly a year ago in celebration of his most recent

release, *The Early Windows*.

Tonight Rutledge will return to the historic venue to perform, his show marking the second installment of the Six Shooter Series.

The series is presented by Six Shooter records in partnership with Aeolian Hall and brings a showcase of talent to London. Rutledge is a welcomed addition to this line-up, his delicate approach to folk

music is sure to engage. Rutledge uses harmonies and hooks to tell a story, his most recent tales punctuated by his work on *The Early Windows* with author Michael Ondaatje and acclaimed Canadian artist Hawksley Workman.

"It is with great anticipation that we welcome Justin back to the Aeolian," says Clark Bryan, Executive Director of the venue. "His progressive song-writing sets the stage

for a very enticing and memorable evening."

Rutledge will be supported by Oh Susanna, a veteran of the folk music scene. She is touring her sixth release *Soon the Birds*, an album which demonstrates the artist's command of her voice and her vision.

Justin Rutledge and Oh Susanna will take the stage at Aeolian Hall tonight at 8 p.m. Tickets are \$18 in advance and \$25 at the door.

A send-off for local favourites

Tomorrow night local folk-rock band Handsome Dan and his Gallimaufry will serenade the hipster crowd at APK Live.

The show marks the groups' last night in London before heading east to record a new album in Sackville, N.B. The group will be reunited with their longtime band mate Kevin Brasier, a former Londoner who has set-up shop out east where the band will be recording.

Handsome Dan and his Gallimaufry will be joined tomorrow by Toronto artist Rebekah Higgs, a songstress whose soft voice and catchy hooks were first introduced to me by my mom.

AMANDA GRANT

Afternoon with The Hobbit

On Sunday you can catch a matinee performance of J.R.R. Tolkien's *The Hobbit*, which opened at The Grand Theatre last week.

The play has received attention for its elaborate sets. The Grand Theatre even posted a time lapse video of the production on YouTube, showing the crew assemble the fantastical, rotating scene.

The show, adapted with all the drama of the book by Glynn Robbins, was written and first performed in London, England but will call London, Ontario home until June.

AMANDA GRANT

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KARO PARISYAN

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John Labatt JEG Rock n' Park

Blood Pressures rising

► The Kills return to doing what they do best — make great music
► New sound defies traditional vibe



SHAWN
BRACKBILL
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After a decade together and four solid records to show for it, the Kills may have gone from a small-room buzz band to a large venue spectacle — but, at their core, few things have changed for singer Alison Mosshart and guitarist Jamie Hince.

"When we started out, we used to rehearse in a soundproof cupboard that a carpentry company made for us," says Hince. "The stages got bigger, but the electricity between Alison and I is the most important part, and it exists

on any sized stage."

While the two have never had trouble turning heads on their own, their recent time apart has brought even more attention to the band. Mosshart was recruited by Jack White to be the singer of his latest project, the Dead Weather, while Hince spent much of his time dodging the relentless paparazzi that become an everyday reality when you're dating Kate Moss.

Regrouping in 2009, the Kills holed up in rural Michigan to record *Blood Pressures*. Released earlier this month, the album features a gospel choir and continues to defy the sonic



► The more things change, the more they stay the same for the Kills.

limitations associated with being a two-piece.

"I've always been thinking about how to expand our sound," says Hince. "If we just continue on with drums, guitar and vocals,

all we can do is write different songs and play them in the same format."

Remake, remodel

Hince says he found inspiration for the new Kills sound from Roxy Music's

debut.

"I love the way that that record is so emotive and they use all these different instruments to target different heartstrings that a guitar can't," he says.

"When we started out, we used to rehearse in a soundproof cupboard that a carpentry company made for us."

JAMIE HINCE

"So I started thinking about how we could do that. I tried to figure out how to make the guitar sound like an organ. ... Then I started on the thought of using gospel singers to get a different feeling. Then I bought a mellotron! I just wanted to get lost in it all and write songs with different instruments. With Alison on the road I had more time to experiment. I was making mistakes that I wasn't afraid to make."

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play



Twain speaking about her ex's alleged affair

► Singer discusses what it was like dealing with suspicions of her husband

Shania Twain is speaking out for the first time about husband Mutt Lange's alleged affair.

"I didn't want to kill myself but I didn't want to live," Twain told Oprah Winfrey in an interview.

"Our lives were intertwined in every respect and I really was completely shocked."

Lange allegedly became intimate with Marie-Anne Thiébaud, who worked at the couple's Swiss chateau.

"By not understanding and not knowing the details your imagination is left to run wild," Twain says of the rumors. "I never got the details. I phoned Marie-Anne and did everything I could to get the details out of her and she changed her number and that was it." ● METRO



► Shania Twain

ALL PHOTOS GETTY IMAGES

Diaz dismisses marriage talk

Cameron Diaz insists everyone can put any wedding rumors about her and Alex Rodriguez to rest.

"I think we have to make our own rules," she tells Maxim magazine.

"I don't think we should live our lives in relationships based off old traditions that don't suit our world any longer."

"I think we have to make our own rules."

CAMERON DIAZ ON THE IDEA OF MARRIAGE

When asked if she thinks marriage is a dying institution, Diaz enthusiastically says, "I do."

● METRO



► Cameron Diaz

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Talking points

Pattinson says he's lonely with his fame

SUCK IT UP. As successful and popular as Robert Pattinson is, he insists he's actually incredibly lonely.

"I was thinking the other day that no one ever rings me up or anything," the Twilight star says, according to Hollyscoop.

"No one ever asks me to do anything. When I'm not working, I'm one of those people who calls up their entire phone book to say, 'Hey, what are you doing? Are you doing anything tonight? Can I go with you?' I just hang there (in my hotel room) and get drunk. It's terrible."

● METRO

Carey loving life as a mom

DOES ANYONE CARE? With their twins less than a week old, Mariah Carey and Nick Cannon are enjoying new parenthood — and taking their time revealing the names. Carey took to Twitter to thank her fans for all their support, saying that the couple is getting ready to announce the names of their new son and daughter. She did give a hint, though: Both babies' names will begin with "M."

● METRO

Gomez wants to be open about dating Bieber

KEEP IT COOL Selena Gomez is tired of keeping quiet about her relationship with Justin Bieber.

"I don't like hiding," she tells Seventeen magazine.

"I do like to keep certain things to myself, but at the

Celebrity tweets



"Twitter is so random. The people on 'similar to you' are soooo not similar to me. haha"

@MileyCyrus



@ehasselbeck

"tried to start a juice cleanse yesterday. had 5 juices all day- then an entire pizza"

@RedHourBen

"And now it's summer."



@SarahKSilverman

"There should be a warning before Real Housewives eps that says UM, THIS IS NOT ACCEPTABLE BEHAVIOR"

Housewives eps that says UM, THIS IS NOT ACCEPTABLE BEHAVIOR"

end of the day, I'm 18, and I'm going to fall in love. I'm going to hang out with people, and I'm going to explore myself, and I'm OK with that."

And while she's enjoying being with Justin — even referring to the Oscars as their "prom" — she wouldn't say she's in love just yet.

"I think as I'm getting older and having more in-depth relationships, maybe I'll experience it," she says. "At the moment, I don't know, exactly, if I've been in love."

● METRO

Sheen now denying shooting

Charlie Sheen has spent the past 20 years taking the blame for a gunshot wound to ex-fiancée Kelly Preston's arm, but now he's changing his tune.

Sheen claims he was downstairs making coffee when Preston picked up a pair of his trousers, causing a small handgun to fall out of the pocket and discharge.

● METRO



Nailing that '70s look

► Skip the literal, costume-y stuff, like bell bottoms ► Go for the silky dresses or breezy wide leg denim instead

KENYA HUNT
LIFE@METRONWS.CA
METRO WORLD NEWS IN LONDON

In case you haven't noticed, '70s-style maxi dresses and flared jeans are ruling spring. But here's the thing about decade comebacks.

First, they come fast and furious. For example, next fall will be all about the 60s — A-line dresses and skirts (and to a lesser extent, 90s grunge.) So choose wisely which disco-flavoured looks to invest in and resist the urge to blindly follow the trend cycle.

Nothing feels worse than pulling something out of your closet and realizing it feels dated merely six months after you've bought it. Second, you don't want to interpret these decade-specific moments too literally. Search through the attic for your mom's old silk blouses and flowy dresses.

But stay far, far away from her bell bottoms — that is, unless you want people to think you're in costume. It's about updating the look in a modern way.

Think Diana Ross's daughter, Tracee, wearing one of her mother's old dresses with a pair of Vivienne Westwood boots on a sunny stroll in L.A., rather

Wearing it



► A billowy, maxi dress is the perfect nod to the good-time vibe the '70s are known for, without being too campy.

than Diana herself in a kimono dripping candle wax down her chest and screaming "I'm a winner baby!" in that 1970s classic Mahogany.

As far as longevity goes,

I've put my money on the season's billowy dresses, which nod to the sexy, good-time vibe the decade is known for, but stops just short of camp.

I like that they give you

just the slightest hint of Bianca Jagger at Studio 54, not to mention they can easily move from the office (depending on your line of work) to a summer rooftop party.

ACCESS TO ACCESSORIES



GIUSEPPE ZANOTTI
sandals

► \$750, shopbop.com



ASOS
hat

► \$45, asos.com



TOPSHOP
sunglasses

► \$36, topshop.com



► Mango maxi dress, \$240, shop.mango.com

3

life

Beauty pick



TARTE

\$30, sephora.com

Tarte Glam Gams

Bare leg season is here. And with it comes the mad rush to fake some sort of vacation colour. Tarte's moisture-rich bronzing stick boasts a super fruit formula that includes goji, maracuja, pomegranate, acai and acerola, all of which are supposed to give your pins a sun-kissed glow, even if you've only been sitting under the fluorescent lights of your office.

● KENYA HUNT

Side saddle

THE KIT

To get a trendy side braid follow these easy steps.

• **STEP 1** Blow-dry hair

with a big round brush, then set with big rollers and spray with a workable spray.

• **STEP 2** Apply heat with hairdry-



► Complete the look with a trendy braid
► Blow-dry, brush and spray to control rebellious ends

er, then loosely remove rollers. Spray sections of hair and flatiron into loose waves.

• **STEP 3** Brush hair and sweep to one side. Loosely

braid and spray extra pieces to control rebellious ends.

— Charles Booth, Creator and Founder of LaCoupe LaCoupe Volume Flexible

Fix. \$8, lacoupe.com.

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Fashion firms rush to make versions of Kate Middleton's gown — at a fraction of the price.

► Design expert Karl Lohnes offers tips to help you keep your mother styled in colour this spring

Make sure to get your mom more than just a fancy card

DESIGN CENTRE



KARL LOHNES
HOME@
METRONEWS.CA

This Sunday is the day to celebrate

our mothers.

If yours is anything like mine, she'll insist that a fancy card (one that requires additional postage) and a phone call is all she wants.

My mom is not only getting a card, but a few stylish and useful items that will help keep her on trend around the house.

This spring's big trend includes a huge burst of colour on home accessories, so I've rounded up a roster of colourful goodies for mom that will be sure to make her the envy of next week's bridge game.

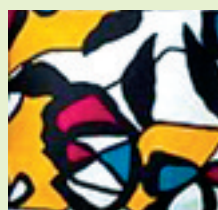


Fun on the porch

Let mom relax in this retro favourite, recreated from the original 1940s design.

Durable construction in rolled steel offers a classic, bouncy action glide with a thoroughly modern powdercoat finish in punchy grass-green and bright white.

Motel Double Glider, Crate and Barrel, \$225.



Flashback tabletop

The iconic 1970s fashion designer Diane Von Furstenberg has resurfaced onto the home decor scene with a tabletop product collection evoking her wild prints and mix-matched looks of the '70s.

Why not give mom a few useful memories from that fashionable era in a way that will brighten up the house.

Tabletop items from \$30, exclusively at The Bay.

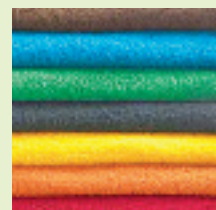


2011's trend colour

The stand mixer is a kitchen staple and if mom hasn't updated hers in years, then this is the one to get.

KitchenAid has updated it with a funky pink called Raspberry Ice and added a glass bowl so she can see how the batter is beating.

A percentage of the cost of KitchenAid's pink appliances goes toward the Canadian Breast Cancer Foundation and almost \$2 million has been raised so far. \$549.99, Sears



Punch of colour

Sears has its own brand of towels that are bursting with juicy colours. It's an easy way to add summer pizzazz to a bathroom.

Not sure which brights to choose?

Just look at the colours in mom's bathroom and choose the brighter version from Style Factory, Sears, from \$16.



Slatkin candles

Harry Slatkin is the world's leader regarding all things candles and his collection of Summer Berry scents will have mom dreaming of making jams and jellies well before the berries hit the market.

Fresh Summer Berry scents will keep mom's place smelling like a summer garden come rain or shine.

Ripe Berry and Blueberry candle pots, \$12 and up, Bath and Body Works.

Thinking about **buying a new home?**

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Big design for tiny spaces

► Interior design star offers tips on making your shoebox pad feel bigger



Don't let your little apartment undermine the potential for big design. Interior design star Candice Olson knows her way around this dilemma and others.

On her W Network show, *Candice Tells All*, she transforms all sorts of homes — but we're interested in how she magically makes those shoebox pads feel more spacious. From adding lights to hanging drapes, design is based on getting creative when you don't have much to work with, explains Olson. She shows us how.

Shopping for a sofa

"The most important element to keep in mind is the size of the arms," Olson advises.

If you opt for big, rolled arms, you won't be able to seat as many people.

But, if you choose simple and narrow track arms, you can probably fit another person on your couch.

For a small space, you should never pick a sofa that is more than 84 inches in length and 36 inches in depth.

Creating an illusion

- Place a floor mirror opposite to the window for the illusion of extra light and depth.

- Lighting tricks, such as adding lights to the



► Candice Olson is the star of the W Network's *Candice Tells All*.

perimeter of the room instead of the centre, make the room appear larger.

- Flowing drapery gives the illusion of having bigger windows.

- The placement of mirrors is key. "You can expand a space if you back

cabinets with mirrors," says Olson.

Smart furniture

- When it comes to furniture, think "double-duty," says Olson.

- "Use your ottoman for seating and storage to remove clutter."

- Mount your television on to the wall.

- "When you have little space horizontally, you have to maximize it vertically," explains Olson. She recommends adding floor-to-ceiling bookshelves, which draw your eyes up.

Olson's essentials

- A simple, classic, small-scale sofa.

- 6x9 or 5x7 rugs to anchor furniture.

- Handcrafted pillows to take you out of the big box-store feeling.

- A fantastic lamp.

CANDICE TELLS ALL AIRS THURSDAYS AT 8 P.M. ET/PT ON W NETWORK

Make your own planter boxes

DIY IDEAS

Garden centres are stocking up and it's nearly time to move indoor seedlings outside.

Many gardeners opt to transplant seedlings into a planter box.

Planter boxes are easy to make and are especially useful for those with little or no backyard. DIY Network Canada's *Yard Crashers* (airing Tuesdays at 8 p.m. ET/ 5 p.m. PT) offers a basic step-by-step guide to constructing your own planter box.

Make a Plan

The first steps are to figure out a shape and size for the planter box. Planter boxes can take many shapes, but the most common is rectangular.

When determining the

size of the planter box, consider taking an inventory of any scrap wood that is lying around. It will be more cost effective to make a planter box using the wood you already have. Any type of wood is suitable, but pressure-treated wood makes the box more durable.

Saw and Screw

A rectangular planter box will require two equal-size pieces of wood to act as the box's length and two equal-in-size pieces of wood to act as the box's width.

If purchasing wood, consider asking the merchant to cut the wood to your required size.

If you're using scrap wood, put on safety goggles and cut the wood using a table saw.

Sand down the edges where the wood has been cut. Arrange the pieces in the rectangular shape and

fasten together using a screwdriver and wood screws.

Bottoms Up

When adding a bottom to the planter box, first think about where you're going to place it outside. If it's going onto grass or soil, hammer a piece of lattice to the bottom.

The holes in the lattice will encourage drainage and any spillage will be absorbed by the grass or soil.

If the planter box is going on a balcony or a deck, then attach a solid piece of wood to the bottom of the box with wood screws and drill four three-quarter inch holes into the bottom.

Add a layer of gravel before adding soil and transplanting the seedlings to assist with drainage.

DIY NETWORK CANADA'S YARD CRASHERS AIRS TUESDAYS AT 8 P.M. ET/ 5 P.M. PT)

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Cinco de Mayo faves with a modern twist

► Many celebrate this holiday with traditional Mexican cuisine ► These two recipes employ the staples but also add some very unique ingredients

The flesh of a ripe Hass avocado is so luxuriously buttery and creamy you know from the first bite that it's loaded with fat.

The great news is that it nevertheless is good for you. The fat that's in an avocado is mostly the healthier monounsaturated kind, similar to olive and nut oils. Avocados also contain loads of healthful nutrients and antioxidants.

And if all these nutritional bonuses weren't enough, research has shown that adding avocado to a plain green salad helps your body absorb more of the nutrients from the other ingredients.

Still, even good fats are high in calories. So for this recipe we figured out a way to get all the benefits of avocado while cutting a bit of the fat.

This bright green sweet pea and avocado guacamole is a spring-inspired version of the classic dip, and has a fresh, crisp flavour that is brightened by plenty of fire-roasted chilies, lime juice and chopped fresh cilantro.

The sweet baby peas lighten the guacamole while adding impressive amounts of vitamins. Use this dip as you would a traditional guacamole.



► This guacamole is a spring-inspired version of the classic dip.

Ingredients:

- 2 cups (500 mL) frozen baby peas, thawed
- 1 avocado
- 1 small red onion, finely chopped
- 1 can (4 oz/125 mL) fire-roasted green chilies,

drained

- 1/4 cup (60 mL) lime juice
- 2 cloves garlic, minced
- 1/2 tsp (2 mL) ground cumin
- 1/4 tsp (1 mL) salt
- 2 tbsp (30 mL) chopped fresh cilantro

Sweet Pea & Avocado Guacamole

Here's a new twist on a party appetizer favourite. Be sure to have lots of tortilla chips handy for guests to dip into this green dip.

Preparation:

- 1 In a food processor, puree the peas, avocado, onion, chilies, lime juice, garlic, cumin and salt until they are smooth. Scrape down

the sides of the processor bowl with a rubber spatula as you need.

- 2 Pulse in the cilantro until it is just blended.

- 3 Serve the guacamole with tortilla chips, veggies or any other appetizers that are ideal for dipping. This recipe makes about 2 1/2 cups (625 mL) or 12 servings of Sweet Pea and Avocado Guacamole.

THE ASSOCIATED PRESS

Chicken & Peanut Quesadillas



The fresh taste of these quesadillas and the ease with which they're made will ensure they're a favourite at your dinner table all year round.

The quesadillas are made with staples such as chicken, cheese, corn and red pepper. But they add an untraditional ingredient in their use of peanuts.

The peanuts offer a nice crunch to the texture of the melted cheese, soft filling and tortillas.

Preparation:

- 1 In a large bowl, combine the cooked chicken, cheese, peanuts, corn, red pepper and coriander. Cut a lime in half and squeeze the juice of one half over top. Add half the adobo sauce and stir.

Add more if desired.

- 2 Brush a large non-stick skillet lightly with oil. Set over medium heat. Add 1 tortilla to pan. Spoon about 1 cup (250 mL) of filling over half the tortilla. Fold other half over filling, pressing together. Cook for about 2 minutes or until underside of tortilla is golden brown. Carefully, turn and cook other side for about 2 minutes or until golden brown. Keep warm in the oven. Repeat with remaining tortillas and filling.

- 3 Slice each into 4 wedges. Serve with sour cream, guacamole and salsa on the side.
NEWSCANADA/
PEANUTBUREAU.CA

Ingredients:

- 3 cups (750 mL) shredded cooked chicken
- 2 cups (500 mL) shredded Tex Mex or Mexican cheese blend
- 3/4 cup (175 mL) peanuts, coarsely chopped
- 1/2 cup (125 mL) frozen corn, thawed
- 1/2 cup (125 mL) roasted red pepper, patted dry

and chopped

- 1/4 cup (60 mL) chopped fresh coriander
- 1 lime
- 1 to 2 tsp (5 to 10 mL) chipotle chili in adobo sauce, minced
- Vegetable oil
- 4 to 6 large flour tortillas
- Sour cream, guacamole and salsa (optional)

Ideal teen breakfast

► French toast muffins won't hinder a teen's too-cool-to-be-bothered attitude

French toast can be a wholesome meal, but the need to sit down with a plate and fork can sometimes hinder their too-cool-to-be-bothered attitude. Cooking it in muffin cups is a solution.

This version includes a layer of maple breakfast sausage, but you can leave that out if you prefer, or substitute a few berries or

thinly sliced apples.

Preparation:

- 1 Heat oven to 180 C (350 F). Line a 12-cup muffin tin with paper liners.

- 2 In a large skillet over medium-high, cook sausage until lightly browned and cooked through, 5 to 7 minutes. Let cool slightly.

- 3 Using a round 5-cm (2-inch) cookie cutter, cut 4 rounds from each slice of bread.

- 4 In a medium bowl, whisk together eggs, milk, salt, cinnamon and maple syrup. Dip rounds of bread in egg mixture and place 2 rounds in the bottom of each muffin cup. Crumble about

15 mL (1 tbsp) of the sausage into each cup. Add 2 more rounds of egg-dipped bread to each of the muffins. Sprinkle the tops with maple sugar.

- 5 Bake for 25 to 30 minutes or until puffed and golden brown. Serve warm.

THE ASSOCIATED PRESS



► These French toast muffins are great for teens.

Ingredients:

- 400 g (7 oz) maple breakfast sausage
- 12 slices whole-wheat sandwich bread
- 4 eggs

- 175 mL (3/4 cup) milk
- Pinch salt
- 2 mL (1/2 tsp) cinnamon
- 50 mL (1/4 cup) maple syrup
- 30 mL (2 tbsp) maple sugar

Canucks look to take hefty lead

► Win tonight and they head back to Vancouver up 3-1 in series

The Vancouver Canucks head into Game 4 of their Western Conference semifinal series against Nashville with home-ice advantage back on their side.

Not that they need it.

The Canucks had almost identical home and away records during the regular season and say they feel comfortable no matter where the game is being played.

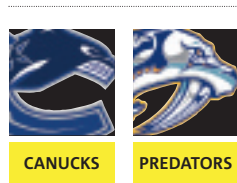
"For us it doesn't really matter if we are at home or on the road," goaltender Roberto Luongo said. "We have the same record this year."

Vancouver's 3-2 overtime victory over the Predators Tuesday gave the Canucks a 2-1 advantage in the best-of-seven series and a chance tonight to go home with a commanding lead.

"We got the job done last night to take control of the series, and now Game 4 we can really make a statement that we want the series to end," Canucks forward Chris Higgins said. "We need to come out with that mindset to snag another one here."

Luongo liked the way his team bounced back from Saturday's double-overtime defeat.

"We did want to come back with a win right away and make sure we re-establish position in the series," he said.



CANUCKS

PREDATORS

► Time: 8:30 p.m.
Channel: CBC

lish position in the series," he said.

For that to happen the Canucks will have to win again in front of a raucous Nashville crowd.

"Last night the crowd was amazing and we were able to find a way to get it done," said Canucks forward Alex Burrows. "We just have to go out there and prove it again tomorrow."

One issue that should not be a problem for the Canucks is overconfidence. Their quarter-final series against the defending-champion Chicago Blackhawks, when Vancouver won the first three games before dropping the next three, is still fresh in their mind.

They went on to win the decisive seventh game, but for a team with aspirations of winning the Cup this season, they have to keep improving.

THE CANADIAN PRESS



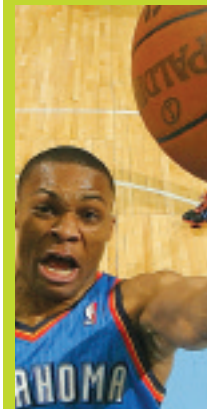
► Vancouver's Ryan Kesler scores the game-winning goal on Tuesday.

MARK HUMPHREY/THE ASSOCIATED PRESS

4

sports

Quoted



"Sometimes, people like when you score. Sometimes they don't like when you score. Sometimes they like when you pass. So, you've got to just play."

OKLAHOMA CITY THUNDER STAR RUSSELL WESTBROOK ON CRITICISM FROM FANS. WESTBROOK HAS DRAWN CRITICISM FOR TAKING MORE SHOTS THAN NBA SCORING CHAMPION KEVIN DURANT IN EACH OF OKLAHOMA CITY'S TWO PLAYOFF LOSSES.

MLB worried Dodgers can't make payroll

Major League Baseball believes the Los Angeles Dodgers do not have enough money to make their end-of-May payroll, a person familiar with the team's finances told The Associated Press.

The person spoke yes-

\$8.25M Estimate of the Dodgers' payroll for May, based on their opening-day payroll of \$103.8 million.

terday on condition of anonymity because MLB's

investigation of the team's finances under owner Frank McCourt is ongoing.

The Los Angeles Times first reported that the Dodgers lacked the cash to make their May 31 payroll. THE ASSOCIATED PRESS

Sports in brief

Bautista, Hill close to return

MLB. The Toronto Blue Jays could get slugger Jose Bautista and second baseman Aaron Hill back on the field Sunday.

Bautista was not in the starting lineup yesterday for the second consecutive

game against Tampa Bay because of neck spasms. THE CANADIAN PRESS

Griffin sweeps rookie vote

NBA. Los Angeles Clippers forward Blake Griffin was named the rookie of the year yesterday, becoming the first unanimous choice for the award in 21 years.

THE ASSOCIATED PRESS



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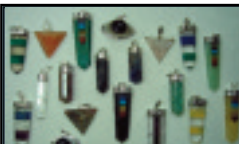
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Miscellaneous

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ANNOUNCEMENTS

Community Events



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Storage-Mart #3003 665 Adelaide St.N., London, Ontario @ 9:30am
Units: 0415D Michael Biols, 0763G Kyle Lensen • Storage-Mart #3001 328 Commissioners Rd. West, London, Ontario @ 10:30am
Units: 0504E Nicole Scott, 0838H Lisa Spencer • Storage-Mart #3002 1020 Wonderland Rd. South, London, Ontario @ 11:30am
Unit: Thomas 2139 Amanda Larock • Storage-Mart #3032 85 Westney Rd. S. Ajax ON L1S 2C9 @ 10am Units: 3013 Lois Francois, 7002 Marlon Bute, 9153 Lois Francois • Storage-Mart #3033 1700 Alliance Rd., Pickering ON L1W 3X2 @ 11am Units: A02 Lear Seating Canada Ltd., B35 Gregory Fuller, D52 Michael Pennie, D61 Lisa Stubbings, P35 First Class Express

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Items will be sold or other wise disposed of at this site on Friday, May 20, 2011 at approximate times listed by the addresses above to satisfy owner lien in accordance with the state statues. Terms of the sale are cash only. No checks will be accepted. All goods are sold in "as is" condition. Tax must be paid or resale numbers furnished. Buyers must provide own lock if needed. Seller reserves the right to overbid. All items or spaces may not be available on date of sale.

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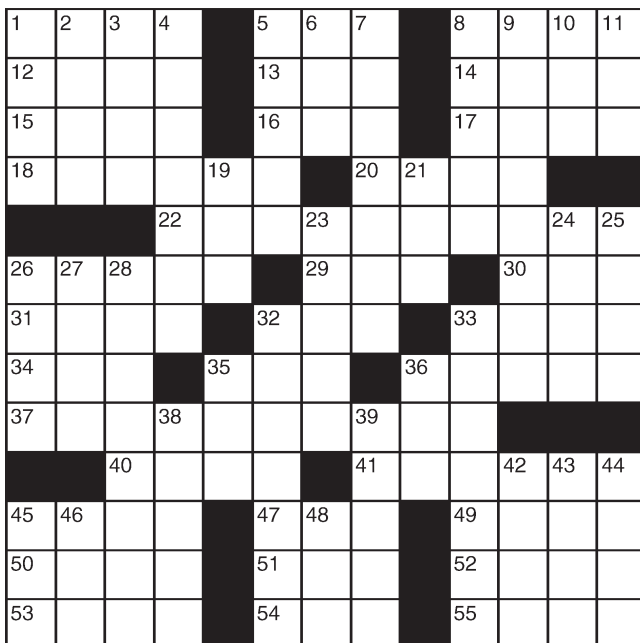
Crossword

Across

1 Painter Chagall
5 G-men's org.
8 Somewhere out there
12 Hexagonal state
13 Part of UCLA
14 Location
15 Short skirt
16 Listener
17 Coaster
18 Smother
20 Son of Eve
22 New Year's Eve figure
26 Jazzy style
29 In the manner of
30 Campaigner, for short
31 Destroy
32 9mm submachine gun
33 Antitoxins
34 Playwright Levin
35 Indivisible
36 Bygone
37 Principal supply
40 Aesopian also-ran
41 Utter foolishness
45 Troubles
47 Piercing tool
49 Adhesive
50 Academic
51 Female deer
52 H.S. subj.
53 Hardly muscular
54 Hebrew letter
55 Pith helmet

Down

1 "— the word"
2 Persisting
3 Hindu royal
4 Sheer silk fabric
5 Armada
6 Feathery accessory
7 Tel Aviv resident
8 No liability
9 Flicked a finger
10 Dined
11 Scarlet
19 Once around
21 Support system?
23 Ted Key's cartoon maid
24 Additional
25 Verve
26 Fedora feature
27 Modern-day money
28 Skiing-shooting



6 Feathery accessory
7 Tel Aviv resident
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10 Dined
11 Scarlet
19 Once around
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23 Ted Key's cartoon maid
24 Additional
25 Verve
26 Fedora feature
27 Modern-day money
28 Skiing-shooting

► Yesterday's answer

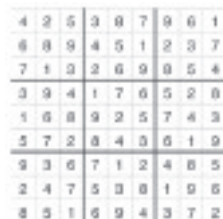


Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.



Yesterday's answer ►

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Scott Ingraham,
hey my muffin man ... I just want to let you know how much I love you and adore you. You are my soul mate!
Love Pie Xoxo
From KELLY

Jeffrey Secret Crush,
You may not love me as much as I love you. The day we might end up together would be a dream come true. Even though I'm not like what other girls may be, I honestly hope that you might one day see. My love for you is like an endless river. Your gentle smile just gives me shivers. I contain so much love for you that you don't even know, that's why I'm writing to you through my favourite newspaper Metro. I ask for just one favor from up above, please let Jeffrey see my love.
From MINNIE

Today's horoscope

♈ **Aries** March 21-April 20 It may seem as if things are going wrong, but there is meaning among the madness.

♉ **Taurus** April 21-May 21 Don't try to cling to something that has clearly come to the end of its allotted span.

♊ **Gemini** May 22-June 21 There is a danger that you will aim too high too soon and taste failure instead of success.

♋ **Cancer** June 22-July 22 It takes all sorts to make such an interesting world.

♌ **Leo** July 23-Aug. 23 Make an extra special effort to keep your temper in check over the next 24 hours.

♍ **Virgo** Aug. 24-Sept. 22 If you go out of your way to help someone now they will go out of their way to help you later on.

♎ **Libra** Sept. 23-Oct. 23 There is no point trying to change things that cannot be changed.

♏ **Scorpio** Oct. 24-Nov. 22 Stop beating yourself up about things you should have done but didn't. It's no big deal.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♐ **Sagittarius** Nov. 23-Dec. 21 Like it or not today's events will force you to make changes to your schedule.

♑ **Capricorn** Dec. 22-Jan. 20 Someone will give you a hard time about what you are doing today but you must not let it change your plans in any way.

♒ **Aquarius** Jan. 21-Feb. 18 Make the best of the situation you happen to find yourself in.

♓ **Pisces** Feb. 19-March 20. If you believe it, it will make it come true. ● SALLY BROMPTON

Caption contest



WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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